

A Man With Purpose

By ATCS(AW) John Dunlap,
VFA-151

A man crouches over his first child, who isn't breathing. She is only 18 months old, and he knows if he doesn't perform CPR properly, she will end up biologically dead.

This man has purpose—his daughter is dying before his eyes, and he knows that he's the only one

who can save her. Having taught CPR for six years, he's fully aware of the distinction between infant and child procedures. However, the gray area in between is where he finds himself at the moment. CPR is used to save lives, and, for the first time, this man understands why he volunteers to teach the procedures.

Time slows down. The man doesn't feel the neighbor's little girl pulling on his hair because she thinks he is tickling his daughter. He hears someone making a 911 call but doesn't really pay attention. Soon, a police officer heralds his arrival by screeching his brakes. After radioing dispatch that he needs an ambulance code 3, the police officer tells the crowd around the man and his daughter to move back. The man hears all this but ignores it because he has only one purpose: to get his daughter breathing on her own. Just as the ambulance arrives, his daughter finally starts breathing and coming around.

Many neighbors afterward said they didn't know if they could have done the same thing if their child had been the one on the ground. My concept of "purpose" is in my actions. Some will say they have purpose; however, when you look at their actions, you can tell they actually lack purpose. During that time my daughter was lying on the ground, not breathing, I didn't feel anything—I had a purpose and was focused on it.

Now 17 years old and 6 feet tall, my daughter is doing extremely well as she starts her senior year in high school. However, I still get the shakes when I think about what could have happened that day as she lay on the ground.



Navy photo by PH1 Thomas Lynaugh

An assistant fire chief shows an alternate way to perform compressions on an infant during an adult-infant CPR training class.

CPR IN THREE SIMPLE STEPS

1. CALL

Check the victim for unresponsiveness. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

CPR for Infants (Age <1)

1. Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response, position the infant on his or her back.



2. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back.



3. Give 2 Gentle Breaths

If the baby is NOT breathing give 2 small gentle breaths. Cover the baby's mouth and nose with your mouth. Each breath should be 1 second long. You should see the baby's chest rise with each breath.



4. Give 30 Compressions

Give 30 gentle chest compressions at the rate of 100 per minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest.



5. Repeat

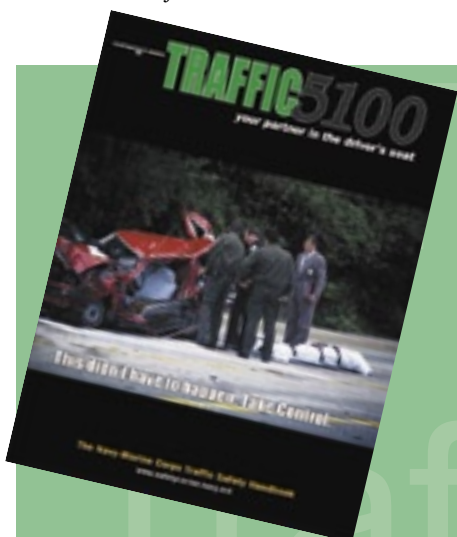
Repeat with 2 breath and 30 compressions. After two minutes of repeated cycles call 911 and continue giving breaths and compressions.



Maybe my purpose continues today—in the hope that someone who reads this story might realize he or she needs to take a CPR class. You never know whose life you may save. 📺

“Though there are no reliable national statistics on cardiopulmonary resuscitation, studies in specific communities consistently have shown benefits from early CPR and defibrillation. When administered within the first

three to five minutes after someone's collapse and coupled with early advanced care, long-term survival rates often exceed 50 percent. The value of early CPR is that it can ‘buy time’ by maintaining some blood flow to the heart and brain during cardiac arrest. Considering that sudden cardiac death from heart attack occurs more than 917 times per day in the United States, don't you want to know what to do if the person walking beside you collapses?”—American Heart Association (www.americanheart.org)



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